



Watermelon



Key Points

- ▶ High in vitamins A and C and high in lycopene. Contains carotenoids that may be good for health.
- ▶ Choose symmetrical watermelons with dried stems and yellowish undersides that are heavy for their size.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Store whole watermelons at room temperature. Refrigerate cut watermelons in airtight container for use within five days.

Quick Tips

- ▶ Puree watermelon and pour into small paper cups and freeze for a healthy snack.
- ▶ Clean watermelon and other firm-skinned produce under running tap water while rubbing with your hands or scrubbing with a clean brush.
- ▶ Add thin slices of watermelon to your favorite sandwich as a substitute for tomatoes.
- ▶ No matter how you slice it, your kids will love watermelon.

Watermelon Onion Salad

Number of servings: 4

Ingredients:

6 cups watermelon, cut into 1-inch cubes
2 green onions
½ cup red onion
½ cup mint leaves
1 tablespoon red pepper flakes
¾ cup white vinegar
2 tablespoons vegetable oil
1 tablespoon chili powder

Per serving: 157 calories; 8 g fat (1 g saturated fat); 2 g protein; 22 g carbohydrate; 3 g dietary fiber; 0 mg cholesterol; 28 mg sodium.

Directions:

- ▶ Cut watermelon in slices, then into 1-inch cubes. Remove seeds and add to large bowl.
- ▶ Cut ends and top off of green onions and chop into small pieces. Add to bowl.
- ▶ Cut the ends off of the red onion and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their sides, and slice from the widest side to the smallest, across the onion. Cut into slices and then into pieces to get 1/3 cup. Add to bowl.
- ▶ Wash and cut mint leaves into small pieces. Add to bowl.
- ▶ In a separate bowl, add red pepper flakes, vinegar, vegetable oil, and chili powder. Stir well.
- ▶ Pour over watermelon mixture, mix well, and serve.

Watermelon Salsa

Number of servings: 4

Ingredients:

3 cups watermelon, cut in bite-size pieces
1 green bell pepper
2 tablespoons lime juice
2 tablespoons fresh cilantro, chopped
1 green onion, chopped
1 jalapeno pepper
¼ teaspoon garlic powder

Directions:

- ▶ In a large bowl, combine the watermelon, green pepper, lime juice, cilantro, green onion, jalapeno, and garlic salt. Mix well and serve.

Per serving: 33 calories; 1 g fat (trace saturated fat); 1 g protein; 8 g carbohydrate; 1 g dietary fiber; 0 mg cholesterol; 3 mg sodium.



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